

Stay Healthy and SURVIVE!

Injecting illegal drugs is not safe or good for your health. If you inject drugs, you are at risk for overdose, HIV, hepatitis B, hepatitis C and other serious infections. But, there are ways you can reduce your risk for disease and protect others.

- 1. Use new, sterile needles and syringes every time you shoot up.**
Even if the syringes you buy on the street look clean, they may have been used.
- 2. Don't share your works – needles, syringes, cookers, cotton, spoons, bottle caps, and water.** Very small amounts of blood left on works can spread HIV or hepatitis B or C, even when you can't see the blood. Sharing water to inject drugs has been shown to spread hepatitis C.
- 3. Clean your skin with soapy water and alcohol swabs or rubbing alcohol before you inject.**
- 4. Don't inject into the same spot over and over again.**
- 5. If you don't have a new, sterile needle and syringe and you must inject drugs before you can get clean ones, or, if you have to buy off the "street", BLEACH your needles and syringes.**
Keep reading to learn how.

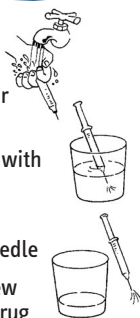
Clean needles, clean works and clean skin will help lower your chance of getting HIV, hepatitis B, hepatitis C and abscesses – all can be very serious and sometimes deadly!

Clean Syringe/Needle with Bleach and Water

STEP 1.

Rinse with water to remove blood from syringe/needle

- Pour clean water into clean cup or bottle cap
- Pull back on plunger and fill half with clean water
- Shake syringe/needle and squirt water out through the syringe/needle
- Repeat this at least twice with new water or until all the blood and drug residue is gone



STEP 2.

Rinse with full strength bleach

- Pour full strength bleach (do not add water) in clean cup or bottle cap
- Pull back on plunger and fill half syringe with bleach
- Shake syringe/needle and squirt bleach out through the syringe/needle, repeat



STEP 3.

Rinse syringe/needle with clean water 3 more times

- Before injecting, always rinse syringe/needle with water to remove the bleach
- Keep the rinse water apart from water used to clean the syringe/needle and to prepare drugs



Call these Syringe Exchange Programs to find out where and when you can trade your used syringes/needles for new, clean ones.

Syringe Exchange Programs (SEPs) offer new syringes for your used ones. You must enroll in the SEP to exchange syringes/needles.

ADAPT Syringe Exchange Program

718-782- 5389 Brooklyn

AIDS Rochester Harm Reduction Program

585-442-2220

AIDS Work/Southern Tier AIDS Program

607-272-4098

CitiWide Harm Reduction Program

718-292-7718

Family Services Network of New York

718-573-3358

FROST'D Syringe Exchange Program

212-924-3733

Housing Works, Inc.

212-966-0466, ext. 286

(for HIV+ homeless people who are clients of Housing Works)

Kaleida Health Project Reach Harm Reduction Program

716-845-0172

Lower East Side Harm Reduction Center

212- 226-6333

New York Harm Reduction Educators, Inc.

718-842-6050 Bronx

212-828-8464 Manhattan

Positive Health Project

212-465-8304

St. Ann's Corner of Harm Reduction

718-585-5544

Urban League of Westchester, Inc.

914-667-1010

- To learn more about SEPs, please call **212-268-6987**.
- To find drug stores near you that sell syringes without a prescription, call **1-800-541-AIDS**.
- If you need help quitting drugs, call the New York State Office of Alcohol and Substance Abuse Services (OASAS) at **1-800-522-5353**, Monday through Friday, 9 AM to 5 PM. In New York City only, call **1-800-Lifenet (543-3638)**, all day, all week.

State of New York
Department of Health